



# County Connection

## Inside this issue:

A Moment in Black History - Black Inventors	2
Make This Your Healthiest Year	3
Employee News and Birthday	4

## Special points of interest:

- Jan. 1: Offices Closed
- Jan. 15: Offices Closed
- Jan. 26: Pay Day
- Feb. 23: Pay Day

## Calendar of Events

### January

- 1: New Year's - **Offices Closed**
- 15: MLK Day - **Offices Closed**
- 22: BOC Meeting

### February

- Black History Month
- 2: Groundhog Day
- 5: BOC Meeting @ 9
- 14: Valentine's Day
- 19: President's Day
- 19: BOC Meeting @ 6:30
- 24: Flag Day

### Thought for Jan:

I will love the light for it shows me the way, yet I will celebrate the darkness for it shows me the stars.

Og Mandino

### Thought for Feb:

When it comes to getting things done, we need fewer architects and more bricklayers.

Colleen C. Barret



### Bizarre Holidays:

- 1/2: Get Over It Day
- 1/10: Kiss A Shark Day
- 2/8: Moo Cow Day
- 2/27: Flip A Pancake Day

## Welcome New Employees!!

We had a lot of new employees since the last edition of the newsletter, because of the limited space in this section I have placed their names in the Employees News Section.



## A Moment In Black History: Famous Black Inventors

### Items we use almost everyday

- Air Conditioning Unit - Frederick M. Jones
- Automatic Gear Shift - Richard Spikes
- Caps for bottles and jars - A.E. Long & A.A. Jones
- Clothes Dryer - G.T. Sampson
- Dust Pan - Lawrence P. Ray
- Elevator - Alexander Miles
- Golf Tee - G.F. Grant
- Hair Brush - Lydia O. Newman
- Heating Furnace - Alice Parker
- Ironing Board - Sarah Boone
- Lawnmower - L.A. Burr
- Mailbox - Paul L. Downing
- Mop - Thomas W. Stewart
- Motor - Frederick M. Jones
- Pencil Sharpener - J.L. Love
- Stove - Thomas Carrington
- Refrigerator - John Standard
- Thermostat - Frederick M. Jones
- Typewriter - Burridge & Marshman
- Window Cleaner - A.L. Lewis
- Folding Chair - Brody & Surgwar
- Sparkplug - Edmond Berger



# *Make This Your Healthiest Year*

## *EAP Consultants*

### **Cut Out Useless Calories**

Trim fat from your diet with simple substitutions: low-fat yogurt for ice cream, oil-free instead of oil-based salad dressings, lean cuts of meat or fish instead of well-marbled steaks. Resolve that no more than 25% to 30% of your calories will come from fat.

### **Quit Smoking - One Day At A Time**

Within 24 hours after your last cigarette, you will notice real health benefits: Your blood pressure and pulse will return to normal, you'll have better circulation in your hands and feet, and your risk of heart attack will start to decrease. And if you can quit for one day, you can probably quit for another.

### **Take Regular Walks**

Studies have found that you don't have to exercise vigorously to receive health benefits; you just need to exercise regularly. Walking at a moderate pace for 30 to 60 minutes most days of the week will help you maintain aerobic fitness and decrease your risk for heart disease. It will also keep muscles flexible, reduce stress and help prevent osteoporosis.

### **Have Your Cholesterol Checked**

An optimum total cholesterol level is less than 200 mg/dL, and an optimum LDL ("bad") Cholesterol level is less than 100 mg/dL. If your total level is between 200 and 240 mg/dL, you are considered borderline high; above 204 mg/dL is considered high. If your cholesterol levels are not in the optimum range, or if you have other risk factors for developing heart disease, talk to your doctor about how to lower your levels.

### **Drink Alcohol In Moderation**

Moderate alcohol is defined as no more than two drinks a day for men and no more than one drink a day for women and all people over the age of 65. A standard drink is one 12-ounce bottle of beer or wine cooler; one 5-ounce glass of wine; 1.5 ounces of 80-proof distilled spirits. Drinking at these levels usually is not associated with health risks and may help prevent certain forms of heart disease. If you drink, dilute drinks with water or a low-calorie mixer, or make every second drink a nonalcoholic one.

## Employee and Departmental News

- You can purchase a Carolina Preserves Coffee Table Book from Caswell County 4-H for \$40. These books list for \$95. They have been donated to the NC 4-H for fundraising purposes. You may order a copy of this book by contacting Brandi at the 4-H Office. \$30 of each book sold will be returned to Caswell County 4-H!



- New Employees:** Kevin Byrd (Lake), Johnny Hodges (Sheriff), Dustin Smithey (Animal Control), Guadalupe Crowder (Health), Megan Stanfield (Library), Nathan Thompson (Parks), William Carter (Gov't Body), Tracy Gould (EMS), Benjamin Thompson II (EMS), Jose Martinez (Parks), Andrew Davis (EMS), Candace Berguson (DSS), Jerald Taylor (EMS), Neil Patel (Parks), Julia Early (EMS), Scotty Barnwell (EMS), Ronald Harris (EMS), Ashley Jarrett (EMS), and Joseph Harris (Health)

## Employee Birthdays

### **JANUARY:**

Brenda Andrews	Tax	Wanda Talley	Health	Melissa McFarling	DSS
Mel Brown	Parks	Kenneth Travis	Gov't	Charlotte Miller	DSS
Maria Cable	Health	Michelle Waddell	DSS	Kenneth Mitchell	911
MistyDawn Coe	911	Robert Webb	ITCS	Aimee Newnam	Health
Julia Early	EMS	Jeremiah Whitt	EMS	Bettye Parker	DSS
Jennifer Eastwood	Health	Denise Williams	Health	William Reynolds	Sheriff
Andrew Foster	Parks	James Williams	Coop	Harvey Rudd	911
Dennis Hancock	EMS	Yvette Williams	DSS	Sherri Thompson	Parks
Joey Knight	Coop	Cynthia Williamson	Jail	Susan Trost	Jail
Walter Lewis	EMS	Jerome Wilson	Parks	Pamela Turner	Health
Donald Loper	DSS	<b>FEBRUARY:</b>		Irvin Watlington	Jail
Keith McKinney	Sheriff	Bobby Badgett	Sheriff	Michael Welch	Sheriff
Joyce Miller	Health	Kevin Byrd	Lake	Steven Williamson	Sheriff
Kevin Newcomer	Sheriff	Rosa Carrington	Sec. 8	Lucinda Wilson	DSS
Tammy Riggs	Deeds	Vanessa Chriscoe	Parks		
Jennifer Russell	DSS	Jeff Earp	Admin		
James Shell	911	Janice Garland	DSS		
Audrey Simpson	DSS	Amy Hooker	DSS		
Grady Stokes	Landfill	Tyrone Jeffreys	Jail		
		Brian Jones	Sheriff		